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Go online at:

www.murfreesborotn.gov/parks

and follow the link to complete your
Parks & Recreation Satisfaction Survey today!

Table of Contents

MPRD Policies	4	Pool Schedules	16-18
Age Index of Activities	5	Aquatic Programs	19
Recreation Facilities & Rentals	6-7	Athletic Programs	20-21
Parks & Shelters	8	Cultural Programs	22-23
Site Amenities	9	General / Senior Programs	24-27
Special Events	10-13	Outdoor Programs	28-31
Summer Camps	14-15	Wellness Schedules & Programs	32-35



Staff Directory

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Lanny Goodwin, CPRP, Director - lgoodwin@murfreesborotn.gov

Aquatics:

895-5040 or 893-7439

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Niki Witten - nwitten@murfreesborotn.gov

Citywide Athletics:

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Dennis Nipper, 907-2251 - dnipper@murfreesborotn.gov

Cannonsburgh Village:

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Cultural Arts:

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Greenway & Wetlands:

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Wilderness Station: 217-3017

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McFadden Community Center:

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Patterson Park Community Center: 893-7439

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*Sports*Com: 895-5040*

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Marketing / Special Events:

Jeni Brinkman, CPRP - jbrinkman@murfreesborotn.gov

Join our Email Event List!

Sign up at:

recreation@murfreesborotn.gov





City of Murfreesboro

Access Statement

The City of Murfreesboro does not exclude anyone from participation nor deny the benefits of or otherwise subject to discrimination on the basis of race, national origin, color, age, or disability. Any complaint alleging discrimination may be filed with the Mayor of the City of Murfreesboro.

It is the goal of Murfreesboro Parks and Recreation Department to make its programs and facilities available to the public. If you or someone you know has a disabling condition and would like more information about accessibility of programs or facilities, call the main office of the Murfreesboro Parks and Recreation Department at 890-5333 or TDD 849-2689.

Any city resident needing financial assistance to participate in any activity may contact the main office of the Murfreesboro Parks and Recreation Department, located at 697 Barfield Crescent Rd., to receive a copy of its financial assistance policy.



Parks and Recreation Commission

The purpose of the commission is to provide leisure recreation opportunities and facilities for all residents of Murfreesboro. The commission shall have jurisdiction over all the recreation programs, park areas, and buildings set aside for recreation in the City of Murfreesboro.

Commission Members: Mr. D. Edwin Jernigan, Chair, Mr. Chris Bratcher, City Council, Mr. Tim Roediger, Ms. Elsie Easter, Mrs. Marilyn Mathis, Mr. Harold Yokley, Mr. Eddie Miller, Vice Chair, Mr. Tim Tipps, Mr. Shane McFarland, City Council, and Mr. Bill Allen (ex officio).

MPRD Mission Statement:

To plan, organize, implement and promote a comprehensive delivery system of programs, facilities, and areas which enhance the community's quality of life.

Cable TV - Channel 3

Please watch the Parks and Recreation Commission meetings each month, usually the 1st Wednesday of every month, for the latest news and developments of Parks and Recreation. We are often featured on our monthly video: MPRD Update, the segment, In the City, as well as on the daily bulletin.



Mistakes Happen...

Occasionally there may be an error in days, times, registration requirements, or fees in this brochure. When such errors do occur, the staff will do everything possible to correct the situation promptly. Check our website, www.murfreesborotn.gov/parks for the latest updates and changes.

Photos

The Murfreesboro Parks and Recreation staff takes photos and videos at our programs, events or on park property. These photos or videos may be used in our brochures, advertising, or other publications. If you do not wish to be in a video or have your photo taken, please tell our photographers.

Refund Policy

- A full refund will be given when a patron cancels more than one week prior to the activity, event, facility rental, program, other rentals and/or services.
- A \$5.00 administrative fee or 5% charge of the total fee paid, whichever is greater, will be assessed to the patron when canceling or dropping out of the activity, event, facility rental, program, other rentals and/or services one week or less prior to the activity, event, etc.
- A prorated fee will be assessed to the patron once the program, class or activity has begun and patron cancels or drops out of said program, class or activity.

Job Opportunities with Murfreesboro Parks & Recreation

Interested in working with us? Please visit our city website: www.murfreesborotn.gov and click on the "Job Listings" section for the latest information about full-time and part-time positions available with Murfreesboro Parks and Recreation.

MPRD Website: www.murfreesborotn.gov/parks



All Ages

2nd Annual Butterfly Celebration Day, 13
 Arthropod Squad (a.k.a. Bug Club), 28
 ARTS in the PARK, 22
 Banana Splits a la Fireside, 31
 Boat Day with SRWA, 13
 Butterfly Behavior, 30
 Butterfly Identification, 30
 Butterfly Releases, 30
 Detroit Hustle Dance, 34
 Early Bird Swim, 18
 Fourth of July Events, 12
 GLOBE: Water Monitoring, 28
 Kayaking, 18
 Martial Arts, 21
 Memorial Day Celebration, 11
 National Night Out, 13
 Night Discovery Hikes, 31
 Opening Day-Sports*Com Outdoor Pool, 11
 Patterson Group Exercise, 32
 Project Butterfly Eggs, 30
 Sports*Com Group Exercise, 33
 Snakes of the 'Boro, 31
 Sunday Series of FUN, 25
 Turtle Searches, 28
 Uncle Dave Macon Days, 13

Toddler/Preschool

A, B, C, 1, 2, 3...Let's Go in the evening, 24
 A, B, C, 1, 2, 3...Let's Go, 24
 Book Worms, 24
 Busy Bees, 24
 Cinderella Tea Party, 25
 Fannie Maney Story Tree, 25
 Preschool Gymnastics, 24
 The Rock-Hop Rhythm Band, 24
 The Small Fry Tri, 11
 Splash Out, 11
 Sunday Series of FUN, 25
 Swim Preschool, 19
 Toddler Time with Thomas, 25

Tumbleweeds, 24
 Wild Things, 28

Youth/Teen

Academy of Tang Soo Do, 21
 Cheerleading Camp, 14
 Cinderella Tea Party, 25
 Coupon Swap, 27
 Craft Central, 23
 Fall Racquetball League, 21
 Field Trips and Field Studies, 29
 Fit Camp, 15
 4-H with Mr. Shirley, 25
 Girls on the Go, 20
 Heritage Camp, 14
 Home School in the Wilderness, 31
 Home School P.E., 20
 Irish Dance, 23
 Junior Lifeguard Camp '09, 15
 Library Workshops, 22
 Mumbo Jumbo, 22
 Murfreesboro Youth Cheerleading Program, 20
 Nature Camp, 15
 PPCC Track & Field Program, 20
 Scrapbook Club, 23
 Snow White, 22
 Splash Out, 11
 Sports Camp, 14
 Summer Kayak Club, 28
 Summer Strength Series, 34
 Sunday Series of FUN, 25
 Swim Academy, 19
 Tai Chi, 34
 Tennis Camp, 14
 Turtle Searches, 28
 Tween Crafts, 25
 Water Polo, 19
 Youth Intramural Basketball, 20
 Youth Volleyball, 21



Adult

Academy of Tang Soo Do, 21
 Community Bingo, 27
 Coupon Swap, 27
 Craft Central, 23
 Fall Adult League Basketball, 21
 Fall Racquetball League, 21
 Marathon Strength Training/Cross Training, 34
 Marathon Training Part II: Ready to Go, 34
 Scrapbook Club, 23
 Swim Academy, 19
 Tai Chi, 34
 Turtle Searches, 28
 Water Polo, 19

Baby Boomer/Senior

Bridge Tournament, 27
 Community Bingo, 27
 Cookout and Card Party, 27
 Coupon Swap, 27
 Craft Central, 23
 Loomy Birds, Jewelry Girls, and Krafty Kharacters, 26
 Luau, 26
 Magic Day, 27
 Scrapbook Club, 23
 Seniors Crafting, 26
 St. Clair Classics Dances, 26

MPRD dedicates this issue to Kori Bryant:



Murfreesboro Park and Recreation Department recently lost a valued friend and employee. Kori's talent as a photographer is evident throughout this publication. Her work with Project Go!, and the Marketing division, as well as her generosity and wonderful smile will be missed by all.



Recreation Centers

www.murfreesborotn.gov/parks



Patterson Community Center

Reservations & Information: 893-7439

Located at Patterson Park (521 Mercury Blvd.) in the central area of Murfreesboro. Some of the amenities are: two gymnasiums, theatre, indoor water park, game room, conference center, 1/8 mile track, wellness center, aerobics studio, dining room and library. Meeting rooms are available seven days a week, and the pool on weekends for rentals only.

Hours: M-F 6a.m.-9p.m. / Sat. 8a.m. - 5p.m. / Sun. 1-5p.m.

Sports*Com

Reservations & Information: 895-5040

Sports*Com is located at McKnight Park (2310 Memorial Blvd.) in the northern area of Murfreesboro. Amenities include a gymnasium, 1/16 mile track, aerobics area, fitness equipment, game room, meeting room, 25-yard indoor pool, 50-meter outdoor pool, and 4 sand volleyball courts. The pools are available for rental on weekends, and the meeting rooms are available seven days a week.

Hours: M-F 6a.m.-9p.m. / Sat. 8a.m. - 5p.m. / Sun. 1-5p.m.



Admission & Passes

	Daily	30 Visits	Monthly	Yearly	Family*
Premium	\$4.00 / \$3.00	\$60.00 / \$45.00	\$35.00 / \$25.00	\$315.00 / \$225.00	Yearly \$450.00
General	\$3.00 / \$2.00	\$45.00 / \$30.00	\$25.00 / \$15.00	\$225.00 / \$135.00	90-Day \$150.00

First fee listed is Adults and second fee listed is Youth & Seniors. One child under age 4 is free with a paid adult. Does not apply to city-sponsored wellness or fee-based classes. Ages for rates: Youth (4-17), Adult (18-59) & Senior (60+).

Premium Pass:

Includes admission to both PPCC and Sports*Com, pool, all areas of the center, including racquetball courts, and city-sponsored wellness classes. Does not include fee-based classes.

General Pass:

Includes admission to both PPCC and Sports*Com, pool and all areas of center. Does not include city-sponsored wellness classes, fee-based classes or racquetball courts.

*Family Pass:

The 90-day family pass includes general admission privileges and the yearly family pass includes premium pass privileges & Tot Watch. Family is defined as married husband and wife, or parent with dependent children 17 years or younger (22 years or younger if full-time student).

Monthly = Unlimited daily visits for 30 days from date of issue. / **30 Visits** = 30 daily visits over a one-year period from date of issue.

Yearly = Twelve months from date of issue.

Tot Watch

Available at Sports*Com & Patterson Community Center for ages 6 months - 7 years.

Cost: Premium Yearly / Monthly Pass Holders: \$1.00/child
General Pass Holders, Premium 30-visit pass holders or daily admission: \$3.00/child

Note: Tot Watch is included in the Family Yearly Premium Pass only.



Summer 2009 • June - August

Recreation Facilities



Cannonsburgh Village

Reservations & Information: 890-0355

Cannonsburgh Village is located on 6 acres at 312 South Front Street. This example of a rural southern village is indicative of pioneer villages of the 1800s. The village consists of: the Visitor Center, gristmill, 1800s residence with dogtrot, the Leeman House, Art League and Diorama, L&N Caboose, and the Williamson Chapel. The grounds, chapel, Leeman House and gazebo are available for rental.

Cannonsburgh Hours:

Tuesday - Saturday: 10:00a.m.-5:00p.m.

Sunday: 1-5:00p.m.

Closed on Mondays - Grounds open all year



Wilderness Station

Reservations: 217-3017

Located in the Barfield Crescent Park (697 Barfield Crescent Road), the Wilderness Station is the city's unique outdoor awareness and adventure facility. It is nestled along the edge of the woods, just a short drive past the disc golf area. Adventurous families, scouts and youth groups can camp in the primitive Backcountry Campground. Some of the amenities are: two educational classrooms, outdoor camping supplies and campsites. The retreat room is available for rental. Evening rentals and programs based on staff availability.

Hours: Sunday - 12 - 8p.m.

Monday-Saturday: 8a.m. - 8p.m.



McFadden Community Center

Reservations: 890-5333

The McFadden Community Center is on 3 acres located at 211 Bridge Avenue. The McFadden Community Center includes a gymnasium, outdoor playground, community room, game room, arts and crafts room and is the home of the Bradley Nursery School and Rutherford County Food Bank. The gymnasium and game room are available for rental on Saturdays and Sundays.

Hours: Monday-Friday 10a.m.-8p.m.



Visit

www.murfreesborotn.gov/parks
for more information!



Siegel Park

Reservations: 890-5333

The community park area at Siegel is located at 515 Cherry Lane. There are 3 picnic shelters. The 2 small shelters are first-come, first-serve. The large shelter is available for rental seven days a week, April-October. Restrooms are open year-round.

Shelter No. B	Seats Approx. 30
Shelter No. C	Seats Approx. 30
Shelter No. A	Seats Approx. 75

Barfield Crescent Park

Reservations: 890-5333

Barfield Crescent Park is a 430-acre +/- community park located at 697 Barfield Crescent Road in the southern area of Murfreesboro. Some of the amenities are: 2 playgrounds, walking/jogging trails, a frisbee (disc) golf course, volleyball net, horseshoes, and tetherball. Restrooms are located between #5 and #7. Pavilions 1,2,5,6,7 and 8 are available for rental seven days a week, April-October, with pavilions 3,4,9 and 10 available first-come, first-serve.

Shelters No. 1,5,6,8	Seat Approx. 100 each
Shelter No. 2	Seats Approx. 75
Shelter No. 7	Seats Approx. 312
Shelters No. 3, 4,9,10	Seat Approx. 24 each

New! Gateway Island & Trail

Reservations: 890-5333

This latest addition to the Murfreesboro Greenway System showcases a state-of-the-art reception center, gazebo, cascading waterfalls, fountains and lake overlook. Adjacent to a lighted greenway section, the island is located conveniently to the Gateway local business. Reception Center includes a catering kitchen, multi-purpose room (15-10 capacity) and restrooms that are accessible to the public during park hours. Half Day & Full Day rentals are available.



General Bragg Trailhead

Reservations: 890-5333

The General Bragg Trailhead is located at 1450 W. College Street. Some of the amenities are: a trailhead for the Stones River Greenway, picnic shelter, playground and a dog park. Restroom is attached to the shelter.

1 Picnic Shelter	Seats Approx. 45
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McKnight Park

Reservations: 890-5333

McKnight Park is an 81-acre community park located at 120 DeJarnette Lane in the northern area of Murfreesboro.

1 Picnic Shelter	Seats Approx. 80
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Patterson Park

Reservations: 893-7439

Patterson Park consists of 10 acres and a 110,000 square foot facility located at 521 Mercury Blvd. The small shelter is first-come, first-serve. The large shelter is available for rental; please call 893-7439.

Large Shelter	Seats Approx. 100
Small Shelter	Seats Approx. 50

Rogers Park

Reservations: 890-5333

Rogers Park is a 7.5-acre park located at the end of Hunt St. (1115 Hunt St.). The facility includes: a picnic shelter with restrooms and picnic tables, an octagon-shaped picnic shelter with tables, two tennis courts, two basketball courts, a walking/jogging track, a playground and an open play field. Both shelters are available daily for rentals, April-October. Restrooms closed November-March.

Shelter No. 1	Seats Approx. 80
Shelter No. 2	Seats Approx. 45

Old Fort Park

Reservations: 890-5333

Old Fort Park is a 50-acre community park located at 1024 Golf Lane. Facilities include 3 picnic shelters (2 with restrooms), Kids' Castle Playground, concessions with bike and tennis rentals, 8 tennis courts, greenway access and open play space. Restrooms are located at shelter #3. Shelters are available daily for rental. Picnic tables without shelters located throughout the park are first-come, first-serve.

Shelters No. 1, 2	Seat Approx. 80 each
Shelter No. 3	Seats Approx. 120

Locations: 890-5333	Amenities																				
	Baseball / Softball Fields	Basketball	Camping	Bike Path	Fitness Center	Fishing	Concessions	Greenway Access	Hiking / Jogging	Horseshoes	Room Rentals	Picnic Shelter	Picnic Area	Playground	Racquetball	Canoe / Kayak Access	Soccer	Restrooms	Swimming	Tennis	Volleyball
Patterson Park & Community Center		■			■						■	■			■			■	■		■
Sports*Com / McKnight Park	■	■							■			■						■	■	■	
McFadden Community Center		■									■			■				■			■
Wilderness Station			■			■				■		■	■	■				■	■		
Cannonsburgh Village								■			■		■					■			
Barfield Crescent Park	■	■	■	■		■				■		■	■	■				■			■
Bark Park - Off-leash dog park																					
Jaycees Mini-Park																					
Oaklands Park	■																	■			■
Rogers Park		■										■						■			■
Old Fort Park	■			■			■											■	■		■
Siegel Soccer & Community Park		■									■	■	■	■			■	■			■
Walter Hill Park						■							■								
West View Mini-Park		■										■									
Murfree Spring Wetlands				■					■						■			■			
Thompson Lane Trailhead						■				■						■		■			
Broad Street Trailhead								■		■											
General Bragg Trailhead				■		■		■		■		■						■	■		
Manson Pike Trailhead				■		■		■								■		■			
Redoubt Brannan Trailhead				■		■		■													
Old Fort Park Trailhead				■				■				■		■				■		■	
Fortress Rosecrans Trailhead				■		■		■													
Overall Street Trailhead				■				■													
Cannonsburgh Trailhead				■				■										■			



Movies Under the Stars

Locations throughout Murfreesboro! Movies begin at 8:30p.m.

Attention family and friends!

Movies Under the Stars returns this summer with a lineup of family-oriented flicks. Bring your blankets, lawn chairs, or truck bed. Movie lists are available on site at all MPRD facilities. Refreshments are available for purchase. You may also contact our main office for the list of movies.

Age(s): All
Date: Monday, June 1 thru Saturday, July 25, 2009
Location: Mondays: Old Fort Park; outside pavilion # 3
Tuesdays: Cannonsburgh Village, in front of the Visitor Center
Thursdays: Richard Siegel Park
Fridays: Mitchell Neilson Primary
Saturdays: Hobgood Elementary School

Time: 8:30 pm until conclusion of movie
Fee: Free
Contact: For movie listings, call 890-5333 or join our MUTS email list at www.murfreesborotn.gov/parks
For other information, email: msewell@murfreesborotn.gov



Opening Day – Sports*Com Outdoor Pool

Come celebrate the beginning of summer in the sun! Relax by the pool, swim, dive, play games and listen to music at the Sports*Com Olympic-size outdoor pool.

Ages: All ages
Date: Saturday, May 23, 2009
Time: 10:00 a.m. – 4:30 p.m.
Location: Sports*Com Outdoor Pool
Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)
Contact: Nate Williams – 615-895-5040 / nwilliams@murfreesborotn.gov

Memorial Day Celebration

There is no better way to spend a day off in May other than relaxing by the Sports*Com Olympic-size outdoor pool! This Memorial Day come to Sports*Com for a day of swimming, music, fun and prizes.

Ages: All Ages
Date: Monday, May 25, 2009
Time: 10:00 a.m. – 4:30 p.m.
Location: Sports*Com Outdoor Pool
Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)
Contact: Nate Williams – 615-895-5040 / nwilliams@murfreesborotn.gov

Splash Out!

"Splish, splash!" It's water day with Parks and Recreation and the Murfreesboro Fire Department. Wear clothes and shoes to get wet in, and don't forget your sunscreen and towel. We're playing in the water. Free. Parents, plan to stay with your children and enjoy the water too!

Ages: Children birth to 12 years with a parent/grandparents
Dates: June 18, 2009, at Richard Siegel Park
July 9, 2009, at Barfield Crescent Park
July 23, 2009, at Old Fort Park ; Pavilion # 1
Day: Thursdays
Time: 1:30 to 3:00 pm
Contact: Marlane Sewell, 893-2141; msewell@murfreesborotn.gov

The Small Fry Tri – A Triathlon for Preschoolers

Murfreesboro's Smallest Triathlon! Kids will run, bike, and swim (really run through sprinklers) to the finish line, where everyone receives a trophy. Parents, older siblings, or personal trainers may help. Bring a bicycle or tricycle and a helmet. Preregistration is highly recommended. Preregister at Old Fort Park Concessions between Monday, May 25th, and Friday, June 5th (see page 35 for concession hours.) Purchase your event packet with everything you need for the day! Bring the whole family to cheer on the little athletes....and then stay for lunch and Chalk Art on the Patio.

Ages: 2-6
Date: Saturday, June 6
Time: 10:00 a.m. – 11:00 a.m. (Races will be held about every 10 minutes.)
Come early if you register the day of the event.
Location: Old Fort Park Trailhead
Fee: \$5 (includes trophy)
Contact: Angela Jackson, 893-2141, or ajackson@murfreesborotn.gov

Lunch Prices:

Kids: Small Hot Dog, Hamburger, or Pork BBQ Sandwich - \$3.00
Choice of Chips, Baked Beans, or Potato Salad
Drink and Cookie
Adult: Large Hot Dog, Hamburger, or Pork BBQ Sandwich - \$5.00
Choice of 2 sides: Chips, Baked Beans, or Potato Salad
Two Cookies, Brownie, or Carrot Cake
Drink





Fourth of July Events!

Saturday, July 4 • Sports*Com & McKnight Park • All Day!

10:00a.m. - 4:30p.m. - Sports*Com "Rock the Pool Party"

There is no better way to celebrate the 4th of July than to listen to music, play games and relax by the pool. Join us at the Sports*Com outdoor pool to celebrate Independence Day! We will have music, games, prizes and free water exercise demonstrations.

Outdoor Pool • \$3.00 Adults / \$2.00 Youth & Seniors

5:00p.m. - 9:30p.m. - "Celebration Under the Stars"

After a day of swimming, stay in McKnight Park with your family and friends, bring lawn chairs or blankets, and join us for this community annual event. There will be games and activities for the kids, music, fireworks, and refreshments for purchase. *Please leave your pets, grills, alcohol, and fireworks, including sparklers, at home.*

McKnight Park • Free! Refreshments for purchase or bring your own picnic!





Uncle Dave Macon Days

Come and celebrate the 32nd Annual Old-Time Music and Dance Festival in a historic pioneer village. Bring your lawn chair and enjoy old-time music, singing, dance, crafts and concessions.

Ages: All ages
Date: July 10-12, 2009
Day: Friday, Saturday, Sunday
Time: 5:00 p.m. – 11:00 p.m. Friday
9:00 a.m. – 11:00 p.m. Saturday
12:00 p.m. – 4:00 p.m. Sunday
Location: Cannonsburgh Village
Fee: Free admission
Contact: Wendy Bryant, Convention & Visitor's Bureau
1-800-716-7560 or 615/278-2328 / wbryant@rutherfordchamber.org

Boat Day with SRWA

Volunteers from Stones River Watershed Association will bring several types of canoes and kayaks for you to try! You will discover characteristics and advantages of each craft, boating basics, correct paddling strokes, and boat safety from knowledgeable volunteers. PFDs and paddles will be provided.

Age: All
Date: Saturday, July 11, 2009
Time: 9 a.m. – 12 noon
Location: Manson Pike Trailhead, 1208 Searcy Street
(off Medical Center Parkway)
Fee: Free
Contact: Angela Jackson, 893-2141, or ajackson@murfreesborotn.gov



2nd Annual Butterfly Celebration Day

All things butterflies! Don't miss this special day filled with close-up viewing of caterpillars, eggs under microscopes and the opportunity to hold a real butterfly. Butterfly crafts and games too! Visit the Wilderness Station's Shop and check out the turtles, snakes, and other critters! Grab some ice cream or a snack too!

Ages: All
Date: Saturday, August 8
Time: 10 a.m. – 4 p.m.
Location: Wilderness Station Garden Area
Free: Free (Donations welcome - proceeds will go to the city-sponsored ArthroPOD Squad (a.k.a., the Bug Club) for butterfly and insect viewers, etc.)
Contact: Deborah Paschall, 217-3017, for more details.

National Night Out

Join us for a great night of family fun! National Night Out is a nationwide event in which communities are taking a stand against crime. We will enjoy family activities, food, music and fun.

Ages: All ages
Date: Tuesday, August 4
Time: 5:00 p.m.
Location: Barfield Crescent Park, Sports*Com, Patterson Park, and Rogers Park
Fee: Free
Contact: Thomas Laird - 615-867-4913/tlaird@murfreesborotn.gov





Summer Camps

www.murfreesborotn.gov/parks



Sports Camp - Now All Summer!

Sporting kids will love Sports Camp! Join our athletics staff as we explore a variety of sports and activities from traditional basketball to the unconventional and crazy games only we know about. Kids learn fundamentals in a variety of sports while keeping the focus on fun. We will work towards developing good attitudes, teamwork and a lifetime enjoyment of sports. Activities include but are not limited to basketball, floor hockey, dodge ball, soccer, swimming, kickball and much more! Space in this popular camp is limited, so register early!

Ages: 8-14 (as of the first day of camp)
Dates: June 1 - July 24 (No camp June 29-July 3)
Time: 8:00a.m.-12:00p.m.
Fee: \$50.00
Location: Sports*Com
Contact: Thomas Laird, 867-4913 or Gary Arbit, 907-2251



Cheerleading Camp

Interested in becoming a cheerleader? Have tryouts approaching? Then this is the program for you! Learn the basic fundamentals of motions, jumps, voice projection, crowd appeal, and stunt safety. Each person will receive a t-shirt for participating.

Ages: 8-14
Dates: July 13-17, 2009
Days: Monday - Friday
Time: 9:00 a.m. - 12:00 p.m.
Location: Patterson Park Community Center Adult Gym
Fee: \$50.00
Contact: Becki Johnson @ 893-7439 x 13 or bjohnson@murfreesborotn.gov

Tennis Camp

The camp is designed to teach the fundamentals of the sport of tennis (i.e. forehand swing) to boys and girls between the ages of 9 to 14. The camp will help each child to improve on his or her tennis skills under the instruction of a qualified tennis instructor.

Ages: 9-14
Dates: July 20-24, 2009
Time: 9:00a.m.-12:00p.m.
Location: Old Fort Park
Fee: \$40.00
Contact: Dennis Nipper, 895-5040, or dnipper@murfreesborotn.gov

Heritage Camp

Campers will put themselves in the place of the early settlers of Tennessee, experiencing some of their crafts, chores, and daily lives.

Ages: 8-11
Dates: July 20-24, 2009
Time: 9:00a.m.-1:00p.m.
Location: Cannonsburgh Village
Fee: \$50.00
Contact: Fred Trujillo, 890-0355, or ftrujillo@murfreesborotn.gov

Hurry! Several camps are already full - camps listed here are those that have limited space left. Register today!



Fit Camp

Come to Patterson Park Community Center to learn lessons of life-long fitness. We will have fun while learning how to keep our bodies healthy and strong. Enjoy classes such as Yoga, Pilates, Zumba and Strength Training with fun games. We will conclude our camp by preparing a healthy lunch/snack. Remember to wear comfortable clothes- clothes that you can easily exercise in. Please wear athletic shoes!!! Also, bring water or a sports drink with you. We want you to learn that fitness is a journey not a destination.

Ages: 12-14 - Space is limited!
Dates: June 15-19, 2009
Days: Monday-Friday
Time: 10a.m.- 2:00p.m.
Location: Patterson Community Center
Fee: \$50.00
Contact: Chad Hill, 893-7439



Nature Camp

Catch a crawdad. Hike a trail. Watch a heron. Wander along a creek bank. Fly a kite. Touch a snake. Examine an insect. Investigate an animal track. Explore the woods. Plant a native flower. Make a new friend. Play a new game. Create a camp craft. Experience nature.

Ages: 6-8
Dates: June 15-19 and July 13-17, 2009
Time: 9:00 a.m. - 12:00 p.m.
Location: General Bragg Trailhead - June 15-19
Cason Trailhead - July 13-17
Fee: \$50.00
Contact: Angela Jackson at 893-2141 or
ajackson@murfreesborotn.gov



Junior Lifeguard Camp '09

Are you tired of the same old summer camps? Do something unique and learn how to save lives! Become an American Red Cross Jr. Lifeguard! At this camp, you will learn First-Aid, CPR, and water rescues & you will be able to tell your friends that you're a certified Jr. Lifeguard.

Ages: 11 - 14 years
Dates: Camp #1: June 22 - 26, 2009 & Camp #2: July 20 - 24, 2009
Time: 9:00 a.m. - 12:00 p.m.
Location: Sports*Com Outdoor Pool
Fee: \$50.00 + OPTIONAL \$2.50 per day meal ticket
Contact: Nate Williams - 895-5040 / nwilliams@murfreesborotn.gov





Patterson Park Pool Schedule

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
*Lap Swim	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-6:30p.m.	9a.m.-12p.m.	N/A
Anchored Down Aqua	8-9a.m.	8-9a.m.	8-9a.m.	N/A	N/A
Squeaks n' Creaks	9-10a.m.	9-10a.m.	9-10a.m.	N/A	N/A
Rec Pool Play & Open Swim	10a.m.-12:45p.m. / 2-7p.m.** / 7-8:45p.m.	10a.m.-12:45p.m. / 2-7p.m. / 7-8:45p.m.	10a.m.-12:45p.m. / 2-6:30p.m.	1-4:30p.m.	1-4:30p.m.
Pool Rentals	N/A	N/A	7-9p.m.	12-1p.m. / 5-7p.m.	5-7p.m.
Swim Preschool (see page 12)	4-7p.m.	N/A	N/A	9a.m.-12p.m.	N/A

*Lap lane availability will vary on the time of day. 6-8a.m. is dedicated to lap swim only. All other times, there are 2-3 lanes available at first-come, first-served.

**Rec Pool Play & Open Swim:

The water slide and water playground are open play. The lap lanes are reserved for lap swimming and individual water exercise. On Mondays & Wednesdays, 3:30-7p.m., the number of swimmers allowed during rec pool play may be limited due to swim lessons. It is advised to check the swim lesson schedule on page 12 for dates of possible early closings.

Anchored Down Aqua:

This class targets everyone with an action-packed workout for the abdominal and gluteal areas. Progressive water exercises are programmed to strengthen, define, and tone!

It's Back! Squeaks n' Creaks:

An arthritis-based water exercise class offering an impact-free method of exercise for affected joints and muscle groups requiring that special touch. Cardio work is not omitted from this class, perfect for the beginner or a back-to-fitness exerciser.





Sports★Com Indoor Pool Schedule

Activity	Monday, Wednesday & Friday	Tuesday & Thursday	Saturday	Sunday
Lap Swim	6-8a.m. / 11a.m.-6p.m.	6-8a.m. / 11a.m.-3p.m. / 3-6p.m. (1 lane)	8a.m. - 12p.m.	N/A
Shallow H2O Exercise	8-9a.m. / 6-7p.m.	8-9a.m.	N/A	N/A
Gentle Joints	9-10a.m.	N/A	N/A	N/A
Deep H2O Exercise	10-11a.m.	9-10a.m. / 4:30-5:30p.m. / 6-7p.m.	8:30-9:30a.m.	N/A
Toning	N/A	5:30-6:00p.m.	N/A	N/A
Individual Rehab	10-11a.m.	9-11a.m.	N/A	N/A
Open Swim	7-8:45p.m.	7-8:45p.m.	1-4:30p.m.	1-4:30p.m.
Pool Rentals 895-5040	N/A	N/A	12-1p.m. / 5-7p.m.	5-7p.m.
Swim Academy (See page 12)	N/A	4-6p.m.	9a.m. - 11a.m.	N/A

Shallow H2O Exercise:

A moderate-to-high cardio workout, abdominals and muscle conditioning in the shallow end of the indoor pool.

Gentle Joints:

A perfect class for those who require impact-free exercise while increasing strength and balance. Work through a full range of motion for flexibility benefits. Great for those with limitations such as arthritis, orthopedic problems, fibromyalgia, and for beginning exercisers. Takes place in the shallow end of the indoor pool.

Deep H2O Exercise:

Knowledge of swimming is not required. Using hip flotation belts, this great workout develops aerobic endurance and muscle conditioning. Perfect for those with impact limitations!

Toning:

This class is for participants who are seeking more strength and toning than offered in our other classes, focusing on a total-body strength workout on abs, upper and lower body! Stay after the 4:30-5:30pm class or come early for the 6:00-7:00pm class.





Outdoor Pool Schedule

Open Sunday - Saturday: May 23 - August 11

Open Saturday & Sunday Only: August 12 - Labor Day*

Activity	Monday, Wednesday & Friday	Tuesday & Thursday	Saturday	Sunday
Lap Swim	8-10a.m.	8-10a.m.	8-10a.m.	N/A
Open Swim	10a.m.-6:45p.m.	10a.m.-6:45p.m.	10a.m.-4:30p.m.	1-4:30p.m.
Kayaking	5:45-6:45p.m.	N/A	N/A	N/A
Pool Rentals: 895-5040 Reserve your party today!	N/A	N/A	5-7p.m.	5-7p.m.

*The outdoor pool will be open with party activities for Friday, July 4 - Independence Day & Monday, September 7 - Labor Day!

Kayaking

During the kayaking hour, kayakers can bring their kayak to practice basic kayaking techniques. Half of the deep end of the Sports*Com outdoor pool will be reserved for kayakers only.

Ages: All Ages
Dates: June 1 – August 7, 2008
Days: Mondays / Wednesdays / Fridays
Time: 5:45 p.m. – 6:45 p.m.
Location: Sports*Com Outdoor Pool
Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)
Contact: Nate Williams – 615-895-5040 / nwilliams@murfreesborotn.gov



Early Bird Swim – Sports*Com Outdoor Pool

There is nothing like a refreshing outdoor swim to get your day started! Take advantage of the opportunity to do just that this summer at the Sports*Com Outdoor Pool. The Olympic-size outdoor pool will be open for long course lap swimming Monday through Friday, 8 a.m. to 10 a.m. for those who want a great and invigorating morning workout.

Ages: All ages
Dates: May 26 – August 8, 2009
Days: Monday – Saturday
Time: 8 a.m. – 10 a.m.
Location: Sports*Com Outdoor Pool
Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)
Contact: Nate Williams – 615-895-5040 / nwilliams@murfreesborotn.gov





Swim Preschool

One of summer's favorite pastimes is swimming. Is your child prepared to enjoy long days at the pool! Enroll them in The Swim Preschool of Murfreesboro today to ensure their trip to the pool this summer is a safe one. Our classes are based on the American Red Cross learn-to-swim program and taught by certified Water Safety Instructors. Adult lessons are also available! Registration is required.

Ages: 6 months to 4 years
Dates: Mondays & Wednesdays - June 1- June 17, 2009
Saturdays - June 13- July 25, 2009
Mondays & Wednesdays - July 6- July 22, 2009
Time: M & W - Classes held 3:50 p.m. - 7 p.m. based on level
Sat - Classes held 8:50a.m. - 12p.m. based on level
Location: Patterson Park Community Center
Fee: \$60.00
Contact: Niki Witten - 615-893-7439, nwitten@murfreesborotn.gov

Swim Academy

One of summer's favorite pastimes is swimming. Is your child prepared to enjoy long days at the pool! Enroll them in The Swim Academy of Murfreesboro today to ensure their trip to the pool this summer is a safe one. Our classes are based on the American Red Cross learn-to-swim program and taught by certified Water Safety Instructors. Adult lessons are also available! Registration is required.

Ages: 5-12 & 18+
Dates: Tuesdays & Thursdays - June 2 - 18, 2009
Saturdays - June 13 - July 25, 2009
Tuesdays & Thursdays - July 7 - 23, 2009
Time: T & Th - Classes held between 4 p.m. - 6 p.m. based on level
Sat. - Classes held between 8:50a.m. - 12p.m. based on level
Location: Sports*Com Indoor Pool
Fee: \$60.00
Contact: Nate Williams - 615-895-5040 / nwilliams@murfreesborotn.gov

Water Polo

Are you looking for a unique way to get an intense workout? Come play water polo on Tuesday nights! This is an activity designed for swimmers who are comfortable in the deep end of the pool.

Ages: 13+
Day: Tuesdays
Time: 7:00 p.m. - 8:45 p.m.
Location: Sports*Com Indoor Pool
Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)
Contact: Nate Williams - 615-895-5040 / nwilliams@murfreesborotn.gov

Learn proper
strokes with
our trained
instructors!





Youth Intramural Basketball

Intramural basketball gives youth a structured league to participate in during the summer months. All skill levels are welcome. Everyone plays.

Ages: 8 - 17
Dates: Players meeting Thursday, June 4th
Games will be played on Thursdays
Time: 1:30 pm
Location: Sports*Com
Fee: \$2 per visit
Contact: Thomas Laird – 615-867-4913 / tlaird@murfreesborotn.gov

PPCC Track & Field Program

Kids will participate in track and field activities. Running shoes, shorts and a water bottle are required from participants. Kids will practice at Patterson Park on the front field and will sometimes travel to a local high school to practice. Permission forms will be required to travel. The program is designed to keep kids physically fit with exercise and nutrition, while preparing them for the Hershey's Track and Field Program.

Ages: 9-14
Days: Mondays
Time: 5pm -6pm
Location: Patterson Park and Riverdale High School
Fee: General pass or \$2.00
Contact: Emil Mitchell, 893-7439 ext: 19

Homeschool P.E.

Homeschool P.E. is for children from 1st – 9th grade to participate in physical education activities. Space is limited to 25 children per class, so please call 893-7439 in advance to reserve your spot. Children under the age of 8 must have a parent/legal guardian present at all times.

Ages: 1st – 9th grade
Date: Beginning August 17, 2009
Day: Monday, Tuesday, Wednesday and Thursday
Time: 1 pm – 2 pm
Location: Patterson Park Community Center
Fee: \$3 per child or Premium Admission
Contact: Mike Philpott @ 893-7439, ext. 18

“Girls on the Go!”

This program is designed for girls to help build character through teaching nutrition, running techniques, as well as, solid social and personal skills. Proper exercise attire and running shoes are needed.

Ages: 8 - 14
Dates: June 15 – August 5, 2009 (no classes July 13, 15, 27 and 29)
Days: Mondays and Wednesdays
Time: 9:00 a.m.
Location: Patterson Park Walking Track
Fee: Premium pass or \$3.00
Contact: Becki Johnson, 893-7439x34 or e-mail bjohnson@murfreesborotn.gov

Murfreesboro Youth Cheerleading Program

Interested in being a cheerleader? Then this is the opportunity for you! Learn the basic fundamentals of motions, jumps, voice projection, crowd appeal, and stunt safety. Emphasis will also be placed in developing good attitudes and teamwork. Each person will be assigned a squad and a football team to cheer for each week. We will begin practices Monday, August 3, 2009. The season will end with an exhibition in early November.

Ages: 8-13
Dates: Starts August 3, 2009
Days: Mondays, Tuesdays, & occasionally one other day during the week
Location: Sports*Com and McKnight Fields
Fee: \$30.00
Contact: Becki Johnson @ 893-7439 x34 or e-mail bjohnson@murfreesborotn.gov



Homeschool PE begins
August 17th!



Youth Volleyball

Bump, set and spike it at Sports*Com, as qualified coaches give instruction on every aspect of the game. From beginners to advanced players, youth volleyball athletes in middle school and high school will get the opportunity to develop and refine their skills.

Ages: 9 - 16
 Dates: Thursdays
 Time: 4:30 to 5:30 p.m.
 Location: Sports*Com
 Fee: \$3 per visit
 Contact: Thomas Laird – 615-867-4913 / tlaird@murfreesborotn.gov

Fall Adult League Basketball

Fall Adult League Basketball is designed for adults, who are 18 years of age and older, to compete against others in about a 7-week season with a single elimination tournament at the end of the season. Each player will pay \$4 or premium admission each night of play. Space is limited to eight teams.

Ages: 18 and up
 Date: Sign-Ups: July 20 – August 14 (or until full)
 League Play: Tentative Start Date - August 25
 Day: Tuesday and Thursday nights
 Time: Games are either 6:30 or 7:30
 Location: Patterson Park Community Center
 Fee: \$4 per player or Premium Admission
 Contact: Mike Philpott @ 893-7439 ext. 18

Fall Racquetball League

The Racquetball League is designed for participants of all skill levels, who are 13 years of age and older, to compete against others in about a 7-week season with a tournament at the end of the season. Each player will be assigned an opponent, but it will be up to the players to schedule the exact time and day to play. The fee for the league is \$15 (Patterson Park Community Center admission is not included in the \$15), which covers a league T-shirt and tournament prizes. Available divisions are as follows: A = Pro, B = Advanced, C = Novice, Women's, 50 +, and 17 & Under.

Ages: 13 and up
 Date: Sign-ups ; August 17 – September 13
 League Play: Tentative Start Date September 27
 Day: Day and time will be determined between opponents.
 Location: Patterson Park Community Center
 Fee: \$15 per player
 (Patterson Park Community Center admission is not included in the \$15)
 Contact: Mike Philpott @ 893-7439, ext. 18

Martial Arts

Have you ever wanted to get in shape, gain self-confidence, learn self-defense, increase flexibility and have a great time? Join Bryan in the Patterson Exercise Studio for Martial Arts.

Ages: All
 Days: Tuesdays, Thursdays, and Saturdays
 Time: Tuesday and Thursday 7:30 pm-8:30 pm
 Saturday, 10:00 am-11:00 am, and 11:00 am -12:00 pm
 Location: Patterson Park Exercise Studio
 Fee: \$50.00 / month
 Contact: Bryan Todd @ 584-1024

Academy of Tang Soo Do

Traditional, self-defense, exercise control.
 Master Instructors Butch Voss & Mike Voss – 4th Degree Black Belts.

Ages: 5 years and up
 Date: Year-round
 Days: Monday & Wednesday, 5:30-6:30pm
 Friday, 6:00-7:00pm
 Saturday, 12:00 – 1:00pm
 Location: Sports Com
 Fee: \$50.00 / month
 Contact: Butch Voss, 830-5202





Cultural Arts

www.murfreesborotn.gov/parks



Snow White

Snow White and the Seven Dwarfs kicks off the 20th Anniversary Season of the Sunshine Players. There are parts for 24 characters between the ages of 8 and 17. There will be some singing and some dancing. The play is being directed by Cultural Arts Specialists, Elizabeth Williams, a former Sunshine Player, who played the Queen in the production during our 10th anniversary!

Auditions: Sunday, June 28 / 2-4PM & Monday, June 29 / 6-8PM

Production: Friday and Saturday - August 14 & 15 at 7:00PM

Sunday - August 16 at 2:00PM

(Tickets - Adults, \$7.50 / Seniors & Youth, \$6.00)

Location: The Theatre at Patterson Park

Fee: Participants: Annual Sunshine Players' Membership fee of \$30.00

Contact: Terry Ann Womack - 615-893-7439 / twomack@murfreesborotn.gov

Mumbo Jumbo

A mystery farce for teens ages 12-17. There are parts for 8 boys and 8 girls. This production is being directed by Cultural Arts Specialist Jeff Harr.

Auditions: Sunday, August 16 / 5-7PM & Monday, August 17 / 6-8PM

Production: Friday and Saturday - (Tickets - Adults, \$7.50 / Seniors & Youth, \$6.00)

October 2 & 3 at 7:00PM & Sunday, October 4 at 2:00PM

Location: The Theatre at Patterson Park

Fee: Participants: Annual Sunshine Players' Membership fee of \$30.00

Contact: Terry Ann Womack - 615-893-7439 / twomack@murfreesborotn.gov



Did You Know?

The Theatre at Patterson Park is available for rentals!



Visit: www.murfreesborotn.gov/parks for more information!

Library Workshops

This program is a hands-on arts and crafts activity for youth and adults, ages 8 and up. Due to space and materials, the workshop is limited to 12 paid participants. A minimum of 5 paid participants is required to hold the class. Registration and the fee are due on the Wednesday prior to the Saturday workshop. If we are unable to hold the workshop, the preregistered participants will be contacted and fees returned. If you cancel your spot, your fee is forfeited, as we buy supplies based on the number of registered participants.

Ages: 5 - 7

Date: June 13, 2009 - Herb Gardening

July 11, 2009 - Kaleidoscopes

August 8, 2009 - Kites

Day: 3rd Saturday of every month

Time: 10:30 a.m. - 12:00 noon.

Location: Linebaugh Library Children's Area

Fee: \$4.00 / due on the Wednesday prior to the Saturday workshop.

Register at the Library

Contact: Terry Ann Womack - 615-893-7439 / twomack@murfreesborotn.gov



Summer 2009 • June - August

Cultural Arts



Scrapbook Club

Turn your pictures into meaningful photo albums, create greeting cards, or whatever catches your fancy! We will provide some basic tools and some tools to try out such as our embossing Colorizer. You may wish to bring some of your own supplies as well. The class will not be instructor-led; however, you will receive template ideas and a simple project with easy-to-follow instructions. This is a great opportunity to meet new friends who share your love of scrapbooking.

Ages: 16+ or (12 and older accompanied by an adult)
Dates: June 19, July 17, and August 21, 2009
Days: Fridays
Time: 6:00-9:00 p.m.
Location: Patterson Park Meeting Room
Fee: Premium pass or \$3.00
Contact: Becki Johnson, 893-7439x13 or e-mail bjohnson@murfreesborotn.gov
(Registration required)

Craft Central

Time for yourself and your creative instincts. Bring your favorite craft. Join your fellow crafters for three hours of quiet time. We have ample space to work and a relaxing atmosphere. Share your creative ideas! Class is not instructor-led.

Ages: 16+ or (12 and older accompanied by an adult)
Dates: June 19, July 17, and August 21, 2009
Days: Fridays
Time: 6:00-9:00 p.m.
Location: Patterson Park Meeting Room
Fee: Premium pass or \$3.00
Contact: Becki Johnson, 893-7439x13 or e-mail bjohnson@murfreesborotn.gov
(Registration required)



ARTS in the PARK

A hands-on, creative expression, using a variety of materials! There is no age limit, yet parents might want to assist younger children.

Ages: All
Dates: June 14 – Siegel Park
July 12 – Old Fort #3
August 9 – Barfield #2
Day: Sunday
Time: 2:00 – 4:00 p.m.
Fee: Free
Contact: Terry Ann Womack – 615-893-7439/ twomack@murfreesborotn.gov



Tumbleweeds

Kids learn the basic techniques of tumbling, along with improving their balance, coordination, and overall fitness level. You must call the morning of class to reserve your spot - space is limited!

Ages: 2-5 years
 Day: Mondays & Wednesdays
 Time: 10:30-11:15 a.m.
 Location: Sports*Com
 Fee: \$3.00 or premium pass. Preregistration is required.
 Contact: Allison Davidson, 895-5040

New for toddlers at the Wilderness Station The Rock-Hop Rhythm Band!

Sing, stomp and clap! March, dance and drum! Can you hear it? It's the music of the future! Ms. Deb and her guitar will lead rhythm activities, creative play and outdoor fun, all based loosely around nature themes and wildlife. A wild variety of "instruments," including recycled items and items from the wild, will add to the fun.

Ages: 1-5 yrs. with adult
 Day: Tuesdays
 Times: 10:30 a.m. (Call on Monday before for reservations.)
 Location: Wilderness Station
 Fee: \$3.00
 Contact: Deborah Paschall, 217-3017 - Registration required

Preschool Gymnastics

This program is great for children ages 3 - 5 to learn the basics of gymnastics. In these classes they will learn balance, hand-eye coordination, fitness, and beginner level gymnastics skills.

Age(s): 3-5
 Date: June 16 - August 13, 2009 (no classes July 28 or July 30)
 Day: Tuesdays or Thursdays
 Time: 9:00 a.m. - 9:45 a.m.
 Location: Patterson Park Adult Gym
 Fee: \$3.00 or premium pass. Preregistration is required.
 Contact: Becki Johnson, 893-7439 x34 or e-mail bjohnson@murfreesborotn.gov

Book Worms

Preschool age children and their parents visit different stations for a yummy snack craft, an art craft, and story/cuddle time in the MHL Library. Each month this is based on a selected children's book.

Ages: 3-5 years
 Day(s): 2nd Thursday of each month
 Dates: June 11, July 9, August 13
 Time: 10:00-11:00 a.m.
 Location: Patterson Community Center-MGL Library
 Fee: Free with premium pass or \$3.00
 Contact: Trina Pullum, 893-7439

A, B, C, 1, 2, 3... Let's Go

This program offers a variety of programs that appeal to toddlers and preschoolers. We will sing songs, have active and passive games, story, short lesson (letter or number), and do a craft! Hold on, because this program moves fast (almost as fast as your toddler does)!

Ages: 2-5 years
 Day(s): Every Tuesday or Thursday
 Time: 10:00-10:45a.m.
 Location: Patterson Park Community Center
 Fee: Free with premium pass or \$3.00
 Contact: Trina Pullum, 893-7439 (Registration required)

A, B, C, 1, 2, 3... Let's Go in the evening

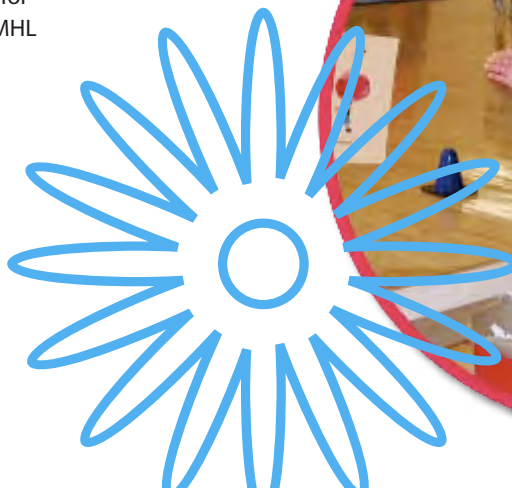
With many moms working it is difficult to have that special time with your toddler. Come to an extended addition of our popular toddler program just for you working moms. This program offers a variety of programs that appeal to toddlers and preschoolers. We will sing songs, have active and passive games, a story, short lesson (letter or number), and do a craft! Hold on, because this program moves fast (almost as fast as your toddler does)!

Ages: 2-5 years
 Day(s): Wednesdays
 Time: 6-6:45 pm
 Location: Patterson Park Community Center
 Fee: Free with premium pass or \$3.00
 Contact: Trina Pullum, 893-7439 (Registration required)

Busy Bees

This great toddler class focuses on following directions, participating in a group environment, improving coordination and practicing good sportsmanship. Call ahead to reserve your spot!

Ages: 3-5 years
 Days: Tuesdays & Thursdays
 Time: 10:45-11:15a.m.
 Location: PPCC Aerobics Room
 Fee: \$3.00 or premium pass
 Contact: Chad Hill, 893-7439





Fannie Maney Story Tree

Celebrate the joy of reading under our big maple tree at Oaklands Park, named the Fannie Maney Story Tree after a little girl who played there in the 1860s. Each week we will read a book, then make a craft, sing songs and play games that complement the book. Preschoolers and their parents or adult caregivers should bring a blanket on which to sit. In light rain, the program will be moved under the pavilion on the Oaklands property; however, in severe weather it will be cancelled.

Ages: Birth – 4 years
Date: August 6 – 27, 2009
Day: Thursdays
Time: 10 a.m. – 11 a.m.
Location: Oaklands Park
Fee: Free
Contact: Greenway Office at 893-2141

Toddler Time with Thomas

Little kids love to play, and that's what they do while learning to wait their turn, follow directions and work together to accomplish simple goals. The focus is on body part recognition, cognitive skill development and, of course, FUN.



Ages: 5 and Under
Dates: Fridays
Time: 10 a.m.
Location: Sports*Com
Fee: \$3.00 per visit
Contact: Thomas Laird – 615-867-4913 / tlaird@murfreesborotn.gov

Sunday Series of FUN

It's going to be fun on Sunday afternoons! In June it's "Baggo, washers, and other games." Who will win in your family? Mom, Grandma or the kids? July will be "Paint, Sand, and Chalk" - Don't wear your Sunday best, because we'll be messy! August is the "Last Blast of Summer." Bring a picnic lunch and MPRD will furnish the drinks & melons; how far can you spit your seeds? Water balloon fun, and more!

Ages: Families (including single parents, and extended families)
Date: June 7, 2009; July 26, 2009; August 9, 2009
Day: Sundays
Times: 2:00 – 4:00 pm
Location: Old Fort Park Pavilion #3
Fee: A bag of nonperishable food items per family
Contact: Marlane Sewell, 893-2141; email: msewell@murfreesborotn.gov

Cinderella Tea Party

Every little girl loves to have tea parties with their favorite friends. Come dressed as Cinderella or your favorite princess character. Enjoy royal activities, crafts and tea fit for a princess.

Ages: 3-8
Day(s): Saturday
Dates: June 6, 2009
Time: 10-11 a.m.
Location: Meeting Room A
Fee: \$3.00/child
Contact: Trina Pullum, 615-893-7439 (Registration required)

Tween Crafts

All girls need a bulletin board to hold those important snap shots, messages from your best friends, and important phone numbers. Make the perfect bulletin board to complement your room and help keep your "stuff" organized. Bring your camera. You may want a snap shot of a new friend to take home with you.

Ages: 6-12
Day(s): Friday
Dates: June 5, 2009
Time: 6-7:00 p.m.
Location: Arts and Crafts Room
Fee: \$3.00/child
Contact: Trina Pullum, 615-893-7439 (Registration required)

4-H with Mr. Shirley

Michael Shirley of the Rutherford County Extension Service will lead youth in various educational programs based on science, engineering and technology. Such classes will include food science, clothing textiles, bridge building and GPS location.

Ages: 8 – 15 years of age
Day(s): Second and third Thursday of each month
Dates: Beginning August 13
Time: 3:00-4:00 pm
Location: PPCC Arts and Crafts Room
Fee: Free
Contact: Trina Pullum, 615-893-7439





Loomy Birds, Jewelry Girls, and Krafty Kharacters

We've expanded to include rug makers, loom and needle knitters, crocheters, bracelet and earring makers, and any other Krafty work. Bring your current project along, or come prepared to learn a new craft. Participants help each other.

Ages: 60+ years
 Dates: Every Wednesday June 3 thru August 26, 2009
 Days: Wednesdays
 Time: 1:30 – 3:30 pm
 Location: St. Clair Street Senior Center
 Fee: none
 Contact: Marlane Sewell, 893-2141, msewell@murfreesborotn.gov

Seniors Crafting

Try something new with Marlane! In June, we will make suncatchers from great glass, in July, you can decorate a stepping stone and in August is a surprise! All supplies are furnished. Registration begins on the first working day of the month at St. Clair Street Senior Center.

Age: 60+
 Dates: June 22, July 27, and August 10
 Day: Mondays
 Time: 1-4:00 pm
 Location: St. Clair Street Senior Center
 Fee: Free
 Contact: Marlane Sewell, 893-2141 or msewell@murfreesborotn.gov

St. Clair Classics Dances

Enjoy an evening of dancing to the music of The Chessmen in June and the Bill Sleeter Trio in August.

Age(s): 60+
 Dates: Saturday, June 20 & Friday, August 14
 Time: 7:00 to 10:00 pm
 Location: St. Clair Street Senior Center
 Fee: \$5.00 per person at the door
 Contact: Yvonne Jones 896-6050 or Gladys and Art Paradis at 895-7867

Luau

Dance to the music of the Debbie Bailes Trio. Refreshments begin at 6:30 pm and are provided by MPRD and St. Clair Street Senior Center. Also sponsored by the St. Clair Classics. Admission is \$5.00 per person at the door.

Ages: 60+
 Date: July 25, 2009
 Day: Saturday
 Time: 6:30 pm refreshments; dance at 7:00 pm
 Location: St. Clair Street Senior Center
 Fee: \$5.00 per person at the door
 Contact: Yvonne Jones, 896-6050, or Gladys and Art Paradis at 895-7867





Cookout and Card Party

We cook, and you eat at our annual event. Admission is a salad, vegetable, dessert, or fruit for ten. Then it's card playing or your favorite: chicken foot, bunco, or a board game. Reservations can be made by calling the St. Clair Street Senior Center at 848-2550.

Ages: 60+
 Date: June 13, 2009
 Day: Saturday
 Time: 5:30 to 9:30 pm
 Location: St. Clair Street Senior Center, 325 St. Clair Street
 Contact: Marlane Sewell, 615/893-2141, msewell@murfreesborotn.gov

Magic Day

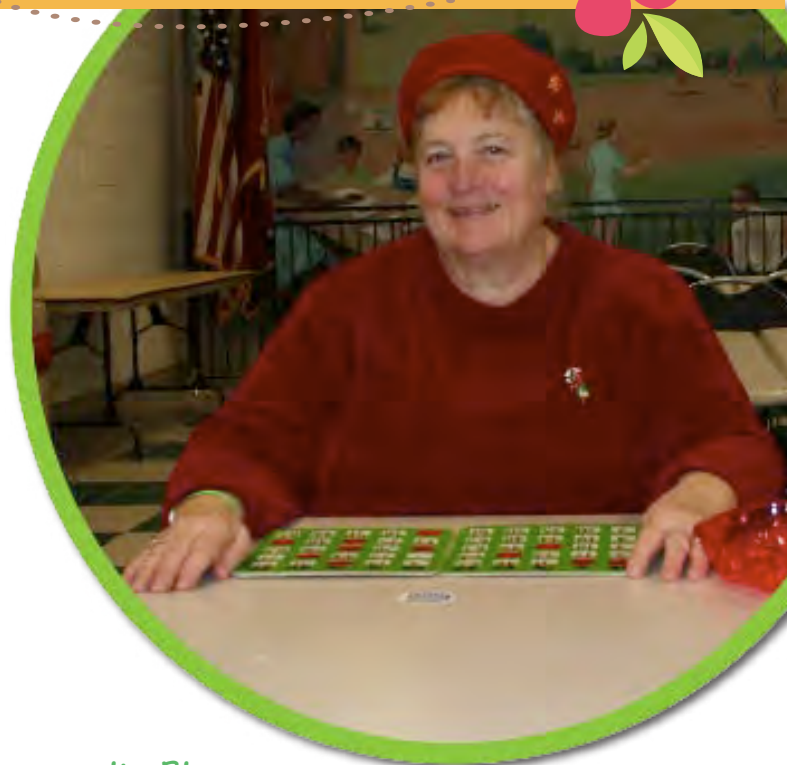
Seniors come and bring your children, grandchildren, and great-grandchildren to be wowed and amazed by our magician. Refreshments served at 12:30 pm for the 1:00 pm performance and after the 2:00 pm performance. **Admission is free**, but make your reservations early at 615/848-2550. Limit is 130 people.

Ages: 60+ with their grandchildren and families
 Date: June 11, 2009
 Day: Thursday
 Time: Shows at 1:00 pm and 2:00 pm
 Location: St. Clair Street Senior Center, 325 St. Clair Street
 Contact: Marlane Sewell 615/893-2141; msewell@murfreesborotn.gov or Lisa Foster 848-2550; lfoster@murfreesborotn.gov

Bridge Tournament

It's our annual tournament with refreshments and prizes provided by MPRD. New and experienced players welcome. Registration requested; call 848-2550.

Ages: 60+
 Dates: August 6, 2009
 Days: Thursday
 Time: 1:00 to 4:00 pm
 Location: St. Clair Street Senior Center
 Fee: None
 Contact: Marlane Sewell, 615-893-2141 / msewell@murfreesborotn.gov



Community Bingo

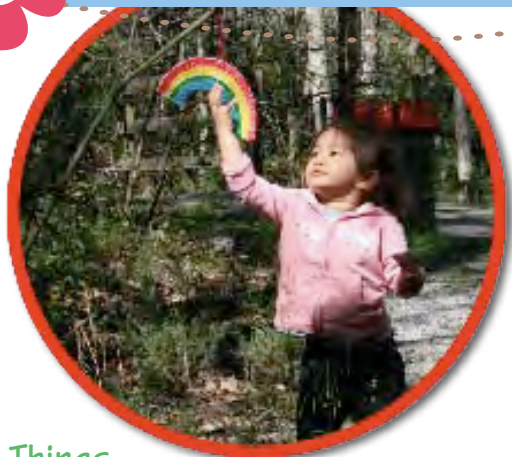
Join other adults for a lively game of Bingo. Small prizes are awarded along with a Grand Prize drawing at the conclusion of the game. Your Bingo admission will also allow you to visit the Game Room for a game of pool or to walk the fitness track. What a value!

Ages: Adults and Seniors
 Day(s): Third Wednesday of each month
 Dates: June 17, July 15, August 19
 Time: 10:00-11:00a.m.
 Location: PPCC Dining Room
 Fee: \$2.00, includes admission
 Contact: Trina Pullum, 893-7439

Coupon Swap

Need to save money? Want to shop smarter? Then come in and exchange coupons for groceries with other participants. Participants can barter for coupons they really need or want with coupons that they have. There will be some restrictions such as no alcohol or tobacco coupons and no gift cards. Come with a load of coupons and plan to leave with ones that you need and will even use!

Ages: 16+ or (12 and older accompanied by an adult)
 Dates: June 12, July 10, and August 14, 2009
 Days: Fridays
 Time: 6:00-7:00 p.m.
 Location: Patterson Park Meeting Room
 Fee: Premium pass or \$3.00
 Contact: Becki Johnson, 893-7439x13 or e-mail bjohanson@murfreesborotn.gov



Wild Things

Frogs, birds and bugs...oh my! Salamanders, snakes and squirrels that fly! Toddlers learn to play and sing, and take home crafts with nature themes. Adventures made one-size-fits-all...so tots and parents can have a ball! (Wild Things is an Award-Winning toddler adventure program now in its 9th year!)

Ages: 1-5 yrs. with adult
 Day: Wednesdays (Also see Rock-Hop Rhythm on page 26!)
 Times: 9:30 a.m. & 10:30 a.m. sessions (Call on Tuesday before for reservations.)
 Location: Wilderness Station
 Fee: \$3.00
 Contact: Deborah Paschall, 217-3017 - Registration required

Arthropod Squad (a.k.a. Bug Club)

It's prime "pod" season! Fun topics, bug hunts, and lots of surprises! Guest programs for adults and future entomologists. Those who "just wanna have fun" can play in the craft and games area while waiting for the bug hunt to begin! You'll bee-dazzled at the fun involved! Bring the whole family...and the camera!

Ages: All
 Day: 3rd Saturday of each month
 Time: 10:00 a.m.
 Dates: June 20 - True Bugs (cicadas, hoppers, and kin) vs. Beetles
 July 18 - Grasshoppers, Crickets, & Katydid
 August 15 - Moths & baiting for moths (Return at 9 p.m. for Moth Hunt!)
 Location: Wilderness Station - Butterfly Garden area
 Fee: Free
 Contact: The Wilderness Station, 217-3017 - Registration is referred.

Summer Kayak Club

Hey Teens! Summer's around the corner and it's time to find something to do in the great city of Murfreesboro. How about spending your time and energy on the waterways that are around us. Every week we will embark on a new adventure along the Stones River. Learn kayak paddle strokes, how to read the river, and water safety techniques while meeting new friends. Registration begins May 1st and is filled on a first-come basis

Age: 13 - 18
 Days: Thursdays, June 4 - July 9
 Time: 2 p.m. - 5 p.m.
 Locations: Will vary
 Fee: \$100.00 for 6 adventures (includes t-shirt)
 Contact: Greenway Office, 893-2141, or rsinger@murfreesborotn.gov

Turtle Searches

Calling all researchers - whether you are a junior scientist, senior scientist, animal lover, or interested citizen, join us as we continue our box turtle study right here in Murfreesboro. These lovable reptiles are losing ground and listed as a species of concern in Tennessee due to habitat loss and being taken as household pets. Now is your chance to be a part of a research team to collect data on this important species and make a difference! Participate in one or as many as you wish. Information on the box turtle and instructions will be provided upon arrival. **Note:** This is an off-trail experience in the woods; please wear long pants and closed-toed shoes or boots. Bug spray and water are recommended. *This program may also be scheduled for small groups, clubs, or scouts.*

Ages: 8 - Adult
 Day: Mondays
 Dates: June 8, 15, & 29, 2009
 Time: 5 p.m. - 7 p.m.
 Location: Nickajack Wetlands
 Fee: Free
 Contact: Rachel Singer at 893-2141 or rsinger@murfreesborotn.gov

GLOBE: Water Monitoring

Global Learning and Observations to Benefit the Environment (GLOBE) is a hands-on international environmental science and education program. GLOBE links students, teachers, citizens, and the scientific community in an effort to learn more about our environment through citizen data collection and observation. Join our trained staff as we monitor the Stones River throughout the year and help contribute to this international database.

Ages: 6 and up
 Date: August 28, 2009
 Time: 9 a.m. - 12 p.m.
 Location: West Fork of the Stones River at Barfield Crescent Park -
 Meet at the Wilderness Station (.5 mile hike each way is included)
 Date: August 29, 2009
 Time: 9 a.m. - 11 a.m.
 Location: Lytle Creek on the Greenway -
 Meet at the Overall Street Trailhead in Old Fort Park
 Fee: Free
 Contact: Rachel Singer, 893-2141, or rsinger@murfreesborotn.gov



Teachers, Homeschoolers, and Scouts:

Field Trips and Field Studies for your group:

We have added several new programs to share with your group. We can now accommodate large classes or small rotational groups. All programs are correlated with state standards or can be adjusted to satisfy badge requirements. Contact Rachel Singer for a complete list of programs and locations at 893-2141 or rsinger@murfreesboro tn.gov or check out our website at www.murfreesboro tn.gov/parks under Greenway & Wetlands or Wilderness Station.

Murfreesboro's Greenway and Wetlands Need Your Help!

Protect and preserve the natural and historical resources of our greenways, wetlands, and parks through volunteer service. Volunteer your group, club, or scout troop for a day of service learning in one or more of the following areas:

Invasive/Exotic Plant Removal

Planting Native Plants

River Cleanups

Streambank Restoration

Additional personal interest ideas are welcome!

For further information and scheduling options, please contact Angela Jackson at 893-2141 or ajackson@murfreesboro tn.gov.

Old Fort Park Concessions

Drinks, Snacks, Ice Cream, Tennis Balls, Frisbees, Kites, and more!

Bike Rental:

Rent a bike to ride the greenway! Driver's license needed for sign-out.
Coaster and children's bikes: \$5 per day
Recumbent Trikes: \$10 per day

Nature Backpacks:

BIRDS, TREES, INSECTS, WILDFLOWERS, & MISC. Each pack includes activities and materials to use on the greenway and for follow-up activities at home. Free! Driver's license needed for sign-out.

Tennis Racquet Rentals:

\$2 per racquet

Games:

Borrow a game to play at Old Fort Park! Volleyball, horseshoes, bocce, kickball, whiffleball, chess, checkers, and more. Free! Driver's license needed for sign-out.

Now offering an expanded menu

- Pork BBQ Sandwiches
- 1/4 lb All Beef Hotdogs
- Potato Salad
- Baked Beans
- Nachos
- Homemade Rock Road Brownies and Carrot Cake
- Hand Dipped Purity Ice Cream
- Bagged Ice
- Drinks
- Snacks
- Icees

Summer Hours:

June 1 - July 31:

M-F	10:00 a.m. – 8:00 p.m.
Sat.	10:00 a.m. – 8:00 p.m.
Sun	1 – 6:00 p.m.

August 1 - October 18:

M-F	12:00 – 6:00 p.m.
Sat.	10:00 a.m. – 6:00 p.m.
Sun	1:00 – 6:00 p.m.

Party in the Park! Let us help you with your next birthday party! We will provide cake, ice cream, drinks, party favors, and matching plates and napkins. We can even do lunch! Call the Old Fort Concession Stand for more information and pricing or email: rsinger@murfreesboro tn.gov.

Information: 867-7745



While You're at the Wilderness Station...

Project Butterfly Eggs!

See up to 13 varieties of eggs, caterpillars, chrysalis and adults throughout the season! Visit often to discover what's new each day/week/month! You can visit the "Caterpillar Garden and the Chrysalis Changing Station," anytime.

Ages:

All

Days:

June - October

Times:

Best viewing/adult butterflies –
between 10 a.m. & 4 p.m. most days.

Eggs, caterpillars, chrysalis – (as nature permits)

Location:

Wilderness Station's porch & garden

Fee:

Free

Contact:

Wilderness Station @ 217-3017

Call to hear which species are currently present.

(Photographers...you'll love the photo opts. including dragonflies, humming-bird moths, cool bugs and maybe a sly frog or lizard.)

Butterfly Releases

Newly hatched butterflies will be released each morning and evening. A brief discussion will be given based on the species currently being released. Mother Nature calls the shots when new arrivals appear; therefore, call before you come for daily release details.

Ages:

All

Days:

Mon – Sat. (9 a.m. & 5 p.m.)

Sundays: 1 p.m. & 5 p.m. (No Sunday 9 a.m. releases)

Location:

Wilderness Station porch

Fee:

Free (Donations welcome – Fund helps feed the birds and wildlife.)

Contact:

Wilderness Station @ 217-3017 for latest update

Butterflies and more!

Examine eggs under a microscope. See shapes, sizes, color variations, etc. See various caterpillars and learn about the unique ways they defend themselves, trick predators, etc. and how these defenses vary per species. Plus, learn how to create a true butterfly habitat in your backyard, neighborhood, church or school grounds! Plant it and they will come!

Butterfly Identification (Caterpillar Hunt too!)

Know your stripes, eyespots, question marks, families, and other fun ID tips.

Ages:

All

Time:

2 p.m.

Dates:

Thurs. – June 4

Tue. – June 16

Sat. – June 20

Thurs. – June 25

Sat. – June 27

Wed. – July 15

Sat. – July 18

Wed. – July 22

Fri. – July 24

Location:

Wilderness Station Caterpillar Garden

Fee:

\$ 3.00

Contact:

The Wilderness Station at 217-3017 (Registration is preferred)

Butterfly Behavior (Caterpillar Hunt too!)

The fun facts...egg laying styles, defense techniques, food preference, etc.

Ages:

All

Time:

10 a.m.

Dates:

Fri. – June 5

Thurs. – June 18

Thurs. – June 25

Thurs. – July 16

Fri. – July 24

Sat. – July 25

Location:

Wilderness Station Caterpillar Garden

Fee:

\$3.00

Contact:

The Wilderness Station at 217-3017 (Registration is preferred)

(Note: Programs with live species and/or power point presentations are available for adult groups by contacting Deborah Paschall at 217-3017.)





Snakes of the 'Boro

Back by popular demand! Learn about local snakes and how to teach your children to identify them. It's simple really! Learn the spots, stripes and colors of individual species, their habitat choices and behavior patterns. Know the good snakes vs. the poisonous snakes.

Ages: All
Dates: Thursday, June 4th - 7:00 p.m.
Saturday, June 20th - 1:00 p.m.
Saturday, June 27th - 9:00 a.m.
Thursday, July 16th - 1:00 p.m.
Saturday, July 25th - 1:00 p.m.
Saturday, August 15th - 1:00 p.m.
Location: Wilderness Station
Fee: \$3.00 per family
Contact: The Wilderness Station, 217-3017 - Registration required

Night Discovery Hikes

Experience night hiking like never before. Brush up on identifying night sounds, insects, eyes, wildlife, bats, moths, frogs, birds and more! Each night hike will feature a different topic relative to the season. Learn some night wise tricks to use for identifying night mysteries at your next cookout or backyard campfire. We guarantee it will change how you hear crickets, katydids, frogs, etc. And how you see the eyes of the dark forever!

Ages: 8 & up (no toddlers or strollers, etc.)
Dates: Thursday - June 18th
Tuesday - June 23rd
Friday - June 26th
Thursday - July 2nd
Friday - July 17th
Thursday - July 23rd
Friday - July 31st
Thursday - August 6th
Time: 7:00 p.m.
Location: Wilderness Station
Fee: \$3.00
Contact: The Wilderness Station, 217-3017 - Registration required

Home School in the Wilderness

Supplement your home schooler's science curriculum with this in-depth, 8 month program. We will explore a new topic each month through hands-on experiments, live observations, interpretive hikes and group discoveries. Registration begins September 1, 2009. Limited spaces will be available, so register early!

Ages: 8 - 10 years
Dates: September 24, 2009 - May 20, 2010
Days: Last Thursday of the month
Time: 9:00 a.m. - 12:00 noon
Location: Wilderness Station
Fee: \$30.00 for 8-month program
Contact: Registration is required. For questions or to register call Rachel Singer at 893-2141 or rsinger@murfreesborotn.gov

Banana Splits a la Fireside Biscuit-on-a-Stick a la Fireside

Meander along to the campfire where yummy treats await and wildlife play in celebration of spring. Play some fireside games and discover what friendly critters may be living nearby, yet out of sight. We bring the treats and you bring your drink! GET OUT and PLAY!

Ages: All
Dates: Fridays - June 5, June 19 and July 24
Time: 6:00 p.m.
Location: Wilderness Station - Barfield Campground
Fee: \$3.00
Contact: The Wilderness Station, 217-3017 - Registration required





PATTERSON GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Blast 8:30 - 9:30a.m.	Yoga 8:30 - 9:30a.m.	Cardio Blast 8:30 - 9:30a.m.	Pilates 8:30 - 9:30a.m.	Body Sculpt 8:30 - 9:30a.m.	
Senior Sensations 9:30 - 10:30a.m.	Zumba 9:30 - 10:30a.m.	Senior Sensations 9:30 - 10:30a.m.	Zumba 9:30 - 10:30a.m.	Senior Sensations 9:30 - 10:30a.m.	Saturday Surprise 9:00 - 10:00a.m.
	Zumba 4:30 - 5:30p.m.		Step-n-Sculpt 4:30 - 5:30p.m.	Zumba 4:30 - 5:00p.m.	
Step-n-Sculpt 5:30 - 6:30p.m.	Step-n-Sculpt 5:30 - 6:30p.m.	Body Sculpt 5:30 - 6:30p.m.	Cardio Blast 5:30 - 6:30p.m.	Zumba 5:00 - 6:00p.m.	

Body Sculpt

Weight and resistance training for anyone. Tone and tighten from your head to your toes using bands, physioballs and weights.

Cardio Blast

Incorporates boot-camp moves, step, and weight training to maximize your caloric output, fat burning and total body toning.

Pilates

Lengthen, strengthen and tone your way to a better body. Pilates concentrates on stabilization, alignment and core strength. Significant abdominal and lower back work.

Saturday Surprise

This class will vary each week depending on instructor and participant input. Get the workout you want!

Senior Sensations

Especially designed for sensational men and women over 50. This class will improve your cardiovascular capacity, as well as your flexibility.

Step-N-Sculpt

Have fun while giving your heart a great workout then sculpt key muscle groups using free weights. Abdominal work is also included in this full-body workout.

Yoga

For beginning and intermediate levels. The class focuses on improving your balance and flexibility, while at the same time reducing stress. A great way to wind down.

Zumba

A dynamic and exciting dance-based fitness program for everyone! Fuses Latin rhythms with international music themes and combines the principles of interval training and resistance.





SPORTS*COM GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Tai Chi 7:00-7:45a.m.		Tai Chi 7:00-7:45a.m.			
Yoga 8:00 - 9:00a.m.	Core Energy 8:00 - 9:00a.m.	B-B-C 8:00 - 9:00a.m.	Core Energy 8:00 - 9:00a.m.	B-B-C 8:00 - 9:00a.m.	Step/Tone 8:30 - 9:30a.m.	
Retro Fit 9:15-10:00a.m.	Total Body 9:15-10:15a.m.	Retro-Fit 9:15-10:00a.m.	Total Body 9:15-10:15a.m.	Retro-Fit 9:15-10:00a.m.		
						B-B-C 1:30 - 2:30p.m.
Step/Tone 5:00 - 6:00p.m.	Step/Tone 5:00 - 6:00p.m.	Zumba 5:00 - 6:00p.m.	Step/Tone 5:00 - 6:00p.m.	Step 5:30 - 6:30p.m.		
Step/Tone 6:00 - 7:00p.m.	Yoga 6:00 - 7:00p.m.	Step/Tone 6:00 - 7:00p.m.	Yoga 6:00 - 7:00p.m.			
	Zumba 7:15-8:15p.m.					

Brick-Body-Circuit (B-B-C)

An intense cardio and weight training class! Burn calories, build muscle and have FUN using interval circuits. A total body workout that delivers results!

Core Energy

Use fluid moves, static holds and muscular contractions to strengthen the muscles of your torso (abs, back, and waist), hips and legs.

Retro-Fit

This is a weight-lifting class a notch or two easier than our regular classes. Perfect for older clientele and beginners alike. Basic moves focusing on strength and flexibility.

Step & Step/Tone

Consists of basic and not-so-basic step moves designed to give all fitness levels a heart-pounding workout. May include additional toning and abdominal exercises.

Total Body

Nonstop workout, that uses dumbbells, a body bar, balls, steps, and even your own body weight to help you develop the lean muscle tissue you need for a toned body.

Yoga

For beginning and intermediate levels. The class focuses on improving your balance and flexibility, while at the same time reducing stress. A great way to wind down.

Zumba

A dynamic and exciting dance-based fitness program for everyone! Fuses Latin rhythms with international music themes and combines the principles of interval training and resistance.



Summer Strength Series

A weight-lifting class just for teens. You will learn fundamental total body exercises using free weights to strengthen and tone your whole body. A great way to get into or stay in shape over the summer.

Ages: 13-17
 Dates: June 8-June 26 and July 6-July 24
 Days: Mondays, Wednesdays and Fridays
 Time: 1-1:45 p.m.
 Location: Sports*Com Aerobic Room
 Fee: Premium Pass—parents must sign a waiver prior to participation
 Contact: Allison Davidson 895-5040

Detroit Hustle Dance

Learn the Electric Slide, Chicago stepping, Casper Slide, The Cha Cha and many other dances. No partners needed. A great cardio workout and a great way to improve your fitness level. This class is for anyone who is looking to have fun while improving your health.

Ages: All
 Days: Mondays, Wednesdays and Fridays
 Time: Monday and Wednesday 10:30 am-12:30 pm,
 Monday evenings 7:30 pm-8:30 pm,
 Friday 6:00 pm-8:00 pm
 Location: PPCC Exercise Studio
 Fee: \$20.00 monthly or \$5.00 drop in
 Contact: MJ Hollins @ 848-6771

Tai Chi

Tai Chi is an ancient Chinese discipline consisting of slow movements and postures done in a fluid and relaxed manner. It is used to reduce stress, increase flexibility, improve muscle strength, increase stamina and agility and increase the feeling of well-being.

Ages: 15 and up
 Days: Thursdays, Fridays or Saturdays
 Time: Sports*Com - Thursday, 6-7:15 pm,
 Patterson - Friday 7:00 am-8:00 am, Saturday 12:30 pm- 1:30 pm
 Contact: Bret Hawkins @ 895-4932



Marathon Training Part II: Ready to Go

Take your Half Marathon Training to the next level!

Part II will target Intermediate and Advanced runners that are comfortable with 3 mile & 4 mile runs through out the week. A schedule for weekend runs will be available enabling the runner to increase mileage until they're ready to run the Murfreesboro Middle Half Marathon. (Optional weekend running group may be formed upon runners' request).

In additions to Wednesday and Friday morning runs we will offer a strength training/cross training mini-class. See Marathon Strength Training/Cross Training. Fitness level important – Ability to run 3 miles is mandatory.

Age: Adult
 Date: Beginning Wednesday, June 24, 2009
 Day: Wednesdays and Fridays
 Time: 6:15am -7:00am
 Location: SportsCom Lobby
 Fee: Free
 Contact: Jennifer Joines – 615-895-5040 or
 jjoines@murfreesborotn.gov - registration is required.

Marathon Strength Training/Cross Training

Take your running to the next level. This 30-minute mini-class is the perfect compliment to our marathon training runs. Focus will be on improving total body strength, endurance and flexibility.

Age: Adult
 Date: Beginning Thursday, June 25, 2009
 Day: Tuesdays and Thursdays
 Time: 6:15am -6:45am
 Location: SportsCom Aerobic room
 Fee: General Pass
 Contact: Jennifer Joines – 615-895-5040 or e-mail jjoines@murfreesborotn.gov

Make your
family
proud!



Wellness Services

Patterson & Sports*Com Wellness Services & Personal Training

Fitness Assessment - \$25.00

This is a 45-minute test measuring cardiovascular fitness, muscle strength, flexibility and body fat percentage. Advanced scheduling is mandatory.

Cholesterol Testing - \$20.00

This is a blood lipid panel test performed by an off-site lab (Quest Laboratories). Purchase of this test is only available at Sports*Com.

Personal Training

Accredited personal trainers will create an individually tailored workout schedule.

1 hour session	\$35.00
4 -1 hour sessions	\$120.00
8 -1 hour sessions	\$220.00
12 -1 hour sessions	\$300.00
15 -1 hour sessions	\$350.00

Fitness Assessments

What is a Fitness Assessment?

A fitness assessment consists of a complete Medical/Health History screening and a 45-60 minute battery of tests including: Resting heart rate, blood pressure, body composition, cardiovascular endurance, muscular strength, muscular endurance and flexibility testing. Individuals who wish to participate in a fitness assessment must make an appointment at least 24 hours prior to testing. Cost is \$25. Stop by the Wellness Centers or call Patterson at 893-7439 or Sports*Com at 895-5040.

What is the purpose?

- Provides information about your baseline fitness level and allows for comparisons to standardized norms to individuals of the same age and gender.
- Allows a fitness instructor to develop an exercise program to fit your needs based on the fitness assessment results.
- Motivates you to stick with the training program and allows for future retesting to measure improvement.
- The Health History screening is designed to identify any health/medical concerns which require a physician's clearance prior to starting a regular exercise program.
- Allows a fitness instructor to design a safe and effective exercise program based on your specific needs.



Our staff is
ready to help
YOU!

